

# BRIDGES

WEDNESDAY, JUNE 16, 2016

## READ MY BOOK:

Ethnic diversity focus of  
Alan Anderson's Settling  
Saskatchewan **P. 2**

## ON THE SCENE:

The youth come out  
at Prairie Pride 2016:  
Next Generation **P. 4**

## GARDENING:

Don't fear ground  
cover! Make them work  
to your advantage **P. 17**

## THE BUSINESS OF EMPOWERMENT

DEER HIDE HANDBAGS  
HOLD A LOT OF PROMISE  
FOR DESIGNER  
**DEVON FIDDLER P. 6**



FREE

The increasing diversity of the Saskatchewan population makes for a fascinating and continuing story.

— Alan R Anderson

## # READ MY BOOK

# Ethnic diversity the focus of Settling Saskatchewan

When I first moved to Saskatoon in 1967 to work in the Sociology Department at the University of Saskatchewan, I was surprised by the many ethnic Mac settlements which formed the "cultural mosaic" of the province and I soon embarked on research for my PhD focusing on ethnic persistence or change within these settlements.



Alan R. Anderson

Over the span of almost five decades, I maintained a keen interest in ethnic settlements in Saskatchewan,

occasionally writing and lecturing on settlement histories for various ethnic organizations — French, German, Ukrainian and Scandinavian. Then I was responsible for the ethnic settlement section of the *Atlas of Saskatchewan* (1986) and was the contributing editor on ethnic settlements and demography for the *Encyclopedia of Saskatchewan* (2006).

This work inevitably led to the also of completing what this accumulated information into a single volume, the result a *Settling Saskatchewan*. While over time there have been quite a few editions, the history of Saskatchewan as well as numerous local community histories and occasional histories of particular ethnic groups, a comprehensive volume tying all this together

had not been produced. Do my book attempts to accomplish this in discussing specifically on the ethnic diversity of the Saskatchewan population, documenting the historical development of ethnic and religious settlements and changing demographics.

The book takes the reader from an aboriginal settlement within what is today the Province of Saskatchewan, through the midstate of the territories established by British ethnic groups, Germans and Norwegian, Ukrainians other Eastern European ethnic groups, Francophones, and Scandinavian groups, to the west on east coast immigrants adding still more diversity to urban populations.

It would be interesting the remarkable origins of our people that social

visits took place between English and French aristocrats, that most people of German origin arrived not from Germany but from Eastern European settlements, that no less than 20 French settlements were established originally by immigrants direct from Europe rather than from Quebec, that vast areas of Saskatchewan were incorporated into Ukrainian and placed German settlements that White settlers came all the way from Argentina, and Black settlers from Oklahoma reflect the increasing diversity of the Saskatchewan population makes for a fascinating and continuing story.

*Settling Saskatchewan* is available from McNally Robinson Booksellers, Chapters, Indigo and university book stores.



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**Devon Feller**, an aspiring entrepreneur, wants to empower Aboriginal business with her start-up business. **PHOTO BY MICHELLE BERG**

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## # ON THE SCENE PG. 4



**Cyber Monday was part of the Prairie Pride 2010 Next Generation competition at Diva's in Saskatoon last weekend and designer Devon was on the cover. **PHOTO BY MICHELLE BERG****

## BRIDES COVER PHOTO BY MICHELLE BERG

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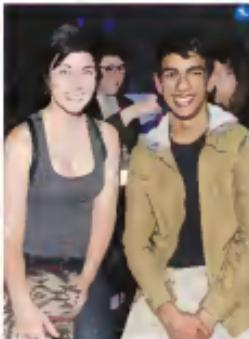
# ON THE SCENE

## # PRAIRIE PRIDE 2014: NEXT GENERATION TALENT COMPETITION

Sixteen young and emerging drag performers had the chance to show off their best performances while competing for bragging rights. The first annual Prairie Pride: Next Generation Talent Competition was held in conjunction with Prairie Pride Diva and Diva at Diva's Mardi Gras on June 8. The Diva and Diva competition is its seventh year and was created to foster new talent in Saskatchewan. A King and Queen of Diva is chosen each year to represent the community during Pride Week festivities.

According to organizers, creating a new competition for those aged 18-and-under, has made Pride Week more inclusive for that age group. Money raised at the event will be donated to Trans Saskatchewan, Inc. The winner, who will receive a float in the Pride Parade on June 21 and free access to all events during Pride Week, was Chance Brink.

BRIDGES PHOTOS BY MICHELLE BORG



# ON THE SCENE

1. The Next Generation Poets Prize competition
2. Cody Quirch, Deuter Anderson, Chanchi Mivtar, Ricardo Almeida and Daniel Carrasco
3. Amanda Dufresne, Victoria Cowan and Armin Bettata
4. Thessia Perner and Amber Bennett
5. Tyne Chequache and Weesa Beck
6. Jack Suddiback and Natalia Reyna
7. The Next Generation Poets Prize winner, actress Rose in Prairie Revue, and this year's hosts of the week, a seven



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# ON THE COVER

The only reason why I changed my own circumstances is because I wanted to change myself. — Devon Fiddler

## # YOUNG ENTREPRENEUR

### Fiddling with ethical business



Devon Fiddler has won \$10,000 from Atchison's Avan 2 Young-Area Entrepreneur Award and \$2,500 from the Mito Foundation Business Planning award for her ShuNature start-up. **PHOTO BY MICHAELLE LIND**

**By Alyssa McMurry**

Devon Fiddler has an idea. She wants to make sleek, sustainable handbags by upcycling women's, from sustainable materials like deer hide, and

— Michael Kovac with a punch of Mana rebob Shukla

She wants them to be handmade by Aboriginal women, from sustainable materials like deer hide, and

she wants to use some of the proceeds to help empower First Nations women.

After years of poking and sewing patterns, things are picking up and

Devon and her friend, ShuNature, are on fire.

Sitting in Collective Coffee, near an office space at the Two Twenty

that she will soon rent, she giggles through the idea pitch she will have to perform in a few days for an upcoming competition called the Saskatchewan Business Challenge.

I see bad things for her for sure. It's lonely as an entrepreneur, people don't understand but you're mostly solo. These are the toughest times. You have to use your gut and work your butt off. — Kendall Netzmayer

"It's a good cause?" She smiles at her friend's question. Beeson is 36 and ready to swear and bumble her values and humility.

"I've come to understand all the disadvantages that indigenous were on face. I experienced a lot of those disadvantages in my own life," she said.

She spent the first six years of her life on a reserve, then moved to Moose Lake. She sold over 300 art to middle school, the classes were essentially segregated into groups of native and white students.

In her 30s, she witnessed, and dealt with mental and physical abuse, racism, infidelity, and being taken advantage of.

"It stems from a lot of systematic, ingrained stuff, but it's really deep so I don't want to go there," said Beeson who got a degree from the University of Saskatchewan in political science.

Beeson is mostly confident. Her words are soft and thoughtful but her actions are bold.

For the last five years she has participated every entered competitions for entrepreneurs.

This year she's won \$7,500 from Michaela Jean's Young Arts Katrina Award and \$1,500 from the Mississauga Business Planning Award.

Last October, she was a trip to Malaysia to represent Canada in a young entrepreneurs competition.

She has also got a crowdfunding campaign rolling with hopes of raising \$10,000 for her business. People who pledge receive gifts like locally designed accessories, business work shops and can secure the very first SheNative logo.

Continued on Page A



Devon Ridder and Heather Abbey look through the designs for SheNative merchandise at the Two Penny in Saskatoon. (Photo by Michel Letarte)

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I've come to understand all the disadvantages that indigenous women face. I experienced a lot of those disadvantages in my own life. — Fiddler

"It's kind of hard right now because I don't think a lot of people know what it is exactly and I need to be in front of people telling them about it," she said. "I'm getting more pledges for being out there than from being online."

She needs the money to purchase equipment like an industrial sewing machine for leather. She also has to find a facility where it is less and hire a couple of aboriginal women to sew the purses.

Devon says a big part of her life and business philosophy is to surround herself with positive people.

She is involved with a tight-knit group of fellow entrepreneurs in the city. Randal Metzler, founder of Steele Gear, a Saskatoon-based company that gives back to the community, was a major source of inspiration for Devon.

"It's always been a dream, like a childhood ambition, but after seeing that he could do it, it was really inspiring to me," she said.



Devon Fiddler plans on hiring aboriginal women to make her SheNative handbags come to life. PHOTOS: PHOTO BY MICHELLE BORG

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I sure feel like a token in a lot of events, we're usually the only natives present.  
—Heather Abbey



**Heather and her mom**  
Heather on a daily basis  
and her mother  
Kathy a soccer  
team player  
and Heather  
Owens-Davis  
University of  
Saskatchewan  
student  
Photo supplied  
by Heather



**Heather Gies** started a few years ago to sew  
silks clothing across Canada.

"I have big things for her to wear," said Heather. "It's really an art; people don't understand but you've really got to. These are the toughest lines. You have to use your gut and work your butt off."

She has also formed a close relationship with founder of *shoptiligenous.ca*, Heather Athey, who also manages social media for SheNative.

"Heather always wants to help others and although she does often put herself last, she's the greatest person. When she was first starting, she was so shy to pitch and get out there, now you can tell she knows what she's doing. She's confident as a leader and business person, and she's not stopping," said Athey.

All three represent growth — according to the 2001 census, five per cent of the Aboriginal labour force was self-employed. While Athey doesn't feel racism is she and Devon stand out,

"I sure feel like a token in a lot of events we're



usually the only natives present," says Athey. "People remember us but if we're like we have a lot more to prove and we have to work harder. On the flip side there are opportunities especially for aboriginals and we have to take advantage of every opportunity that's available."

\*\*\*\*\*

Heather is collaborating with the Academy of Fashion Design in Saskatoon to make the pants.

"I think I could do design but

I'm not the visionary type of the pants designer," she says.

The ensembles affordable, but high-end, pants are soft with indigo washes, angular designs to make striking native patterns for the bags. The outer layers will be soft leather.

When she was young, the dream of being a designer would constantly sketch colorful outfit like ones who is the manager at White Bear Lake band office, said she hoped she'd become an accountant. Continued on Page B1

# Authentic Amish Cooking



COURTESY OF HEATHER GIES

## Rhubarb Butter Crunch

4 C. sliced Rhubarb  
3 T. flour  
1 C. sugar



Place in a greased 8 x 10 inch baking dish. Sprinkle 1 C. sugar over top. Bake at 375° for 40 minutes. Serve warm with cream or plain.

## Veggie Wraps

4 C. carrots  
4 C. cauliflower  
2 C. pepper  
2 lbs cherry tomatoes  
1/2 C. mayonnaise  
1/2 C. #2996 Ranch dressing



Finely chop all vegetables except carrots and put in a large mixing bowl. Mix mayonnaise with ranch dressing and add to vegetables. Blend well. Add the #2996 Ranch dressing and mix well. Refrigerate overnight. Wrap in plastic wrap and slice in 3 inch wide sections.

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I'm very proud for what she's accomplished and how she's never given up. She's had some doors slammed in her face and she just goes on to the next opportunity. — Judy Fiddler

"I'm very proud for what she's accomplished and how she's never given up. She's had some doors slammed in her face and she just goes on to the next opportunity," she said.

Dixon expects her prototypes to be ready by July.

Devon's journey hasn't been easy, but now her resilience and confidence are clear.

"When I was growing up I wished I wasn't First Nations because I didn't want to experience what it was like," she said.

Now she is creating a business to share her culture with the world and be an example of a successful aboriginal woman.

"The only reason why I changed my own circumstances is because I wanted to change myself. It all comes from self-motivation and putting myself in

situations where I'm not at risk."

Once she starts making money she promises to give 2.5 per cent of profits to empower Aboriginal women and increase that margin every year. She's looking for a partnership with an organization that shares her vision.

"I want them to realize they can be empowered and the only way they can get to that point is if they want to change themselves so I'll be giving back to programs with positive opportunities for self empowerment."

Although her demeanor is calm, she is passionate and excited about what she is doing. She has been working full time to get her business started and is grateful to see SheShine picture momentum. There are still details to organize and capital to secure but all signs indicate that she is leading toward success.

"Sometimes I promise myself I don't really fit in where I come from. But it's a kind of reward



Devon Fiddler, shown here with Heather Abbey, is from the Algonquin First Nation. Photos by Michelle Liang



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## Nuts About Nature

At Beaver Creek Conservation Area

Hi there! My name is Chip, and I live at Beaver Creek Conservation Area. Visiting my backyard with your family and friends and enjoy some life away from the city. Borrow a family Nature Activity Kit-Pack and have a trial... nature event!

Dear Chip,  
Which do you have: their babies and how many do they have? -Aldi

For many mammals this is a simple and consistent answer. Not for the Mink. Mink marts in February or March and the gestation period (the time that the young grow inside the mother) can last anywhere between 40 and 80 days. Mink can have their babies anytime between March and July. Imagine if your baby brother was in your mother's belly and you didn't know if he would be born in May, June or July? Mink are adapted to raise their young successfully. The growth of the embryo inside the female is delayed until there is enough food available to support her and her young. She will give birth to an average of 4 kits per year. These babies are born with their eyes closed, and the eyes remain closed for the first 25 days. The mother milk nurses her young for 6 weeks. By the time they are 5 weeks old they can hunt on their own. The young will stay with their mother until they are fully grown, 10 to 12 months later. Thanks for the question!

Send your questions to me at the address below, then watch this blog for the answers.

Your pal, Chip

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## Cool/ Not Cool ... with Devon Fiddler

### The Fashion Industry



The industry is so御宅化  
I sounds like TOM's, Tora-tora, Ape-ape,  
Ma-Ma and Neochi-Goo.



Seventyshops

### Social Media



I've been inspired by other stuff. I love Pinterest, I'm not a big Twitter person but I'm really getting into LinkedIn. I hope I'm doing them right.



How everything is changing and it's about advertising. It's funny, people off.

### Crowdfunding



You can potentially raise \$100,000.



I'm finding it's not just a source. It's a lot of work, it's more like crowd-funding. It's pretty intense. Make a plan or make a plan?

### Saskatoon



The people, the entrepreneurial culture. We have decent stores and food.



The University. Right now is kind of lame downtown.

### Political Correctness



Sometimes it's ridiculous.



People get too uptight about certain things. It's like, it's just another thing. It's not worth it.

### Starting your own business



Sometimes you just, you know, you set your own hours and it's cool that younger people look up to me and ask for advice.



All the work, all the planning. Everything倒腾了. It's like, it's like all your time spent planning just goes out the window.



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## # SINGER-SONGWRITER

# Nichol a fixture in Regina's folk community

By Ashley Martin

The first Regent Folk Festival was a two-day concert at Carmanah College, University of Saskatchewan, in Regina, 45 years ago.

At age 35, Roberta Nichol was one of the youngest performers there.

Remember Penneacan Road, the beloved songstress of the St. Lucia Days round fair?

From 1980 to '90, that was Nichol. And when you hear the words "St. Lucia days only," you know that long-running radio jingle I'm talking about right?

Thank Nichol for the memories.

The Regent woman has been performing for four decades, and singing even longer.

Growing up in Coronation Park, there was always music on in the family's home.

Nichol's mom, Audree, played piano and sang along to records from the Book Exchange on South Athabasca Street.

From childhood, music is in her blood; so too is Bob Dylan, to Lisa and Rybie Tyson, to Jason Isbell. Nichol learned all of it.

She's been singing in public since she was 10, at church or in choirs.

In Grade 10, her dad, John, gave home with a \$40 Playtyme guitar loaned to him that was cracked on the front, it served its purpose and she learned the basics.

In 1987, the summer before Grade 9, Nichol and two friends performed at stages around town for the manager of Red Rock Records.

At the first Regent Folk Festival, she was in awe of Sheepywhey and the Dandy Traxx and Jim Reed, and at the reality of the event.

"It was just confirmation that 'My god, this is a folk festival in design,'" said Nichol.

She was an enthusiastic member of the Regent Folk Guild, singing and attending meetings of the Old Gold on South Albert Street during her high school years at Thomas Collegiate.

Punk, Gothic, Country, Dixie Jack-



After a 40-year hiatus, Nichol is back creating new work. Singer-songwriter Roberta Nichol has two albums on the way. [theastarphoenix.com/bridges](http://theastarphoenix.com/bridges)

would sing at her — "Gena, Roberta, you're not even legal!" she recalls. "I would kind of be a baby of the group, no questions about that."

In Grade 12, she got a job at CCRK radio, reporting a newscast while teaching in 2010. Her music career persisted over the years.

She played in a jug band, Everydog Band, with Peter Sawkins, Bob Evans and Georgia (Beth) Arntzen.

Then she played in Clambake with the alternative country group plus Jack Semple, Ray Bell and Robley Johnson.

That was when Beyhan suggested they quit their day jobs to go on tour. "We all said 'OK.'

They appeared on CBC's Country West variety show in 1994-96 and toured Western Canada with the Alan Sisters.

Nichol released her first album on cassette tape in 1987, which marked

every day singing. She retired from teaching in 2010.

Her music career persisted over the years.

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They appeared on CBC's Country

West variety show in 1994-96 and

toured Western Canada with the Alan Sisters.

Nichol released her first album on

cassette tape in 1987, which marked

her first real foray into songwriting.

"Herculean Conker" At the Reids,

was released on CD and tape in 1995.

Then for 10 years, the music sat with

nothing new.

But Jerry, Nichol's son, Syries

immigrated to Canada in her honor,

so she should have to make him

some songs, he thought. So Nichol

sat down and wrote a single, "I'm

Not a Child Anymore," and sent it to her son.

"It was his 21st birthday," Nichol says. "I'm sorry, but when you do like that, you think, Man, what a wonderful ride, and you need to write about it."

The song came to life with the help of her longtime friends and ex-band mates, Brynnson, Evans and Semple.

"Turn on the Light" is the title of the

song, and it's the title of the album.

"Now there are two albums on the

way — one is a rechristened called

looking back."

The other is titled "It's All About

The Journey," named in honour of

her partner Laurie Rassing, who died

of silverblues in 2005 at age 63.

Also on the new album, There Don't

play flute and Jason Headad

play fiddle.

[www.nicholicholas.com](http://www.nicholicholas.com)

[www.brynnson.com](http://www.brynnson.com)



# Next week in BRIDGES

An archive created by Neil Richards at the University of Saskatchewan provides insight into province's LGBT history


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Saskatoon Opera Presents

# *The Magic Flute*

June 14 - 21, 2014,



COUNTDOWN TO

OPENING NIGHT

**3**  
DAYS



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[www.saskatoonopera.ca](http://www.saskatoonopera.ca)

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the store  
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shorts, pants,  
shirts, hats  
and more.

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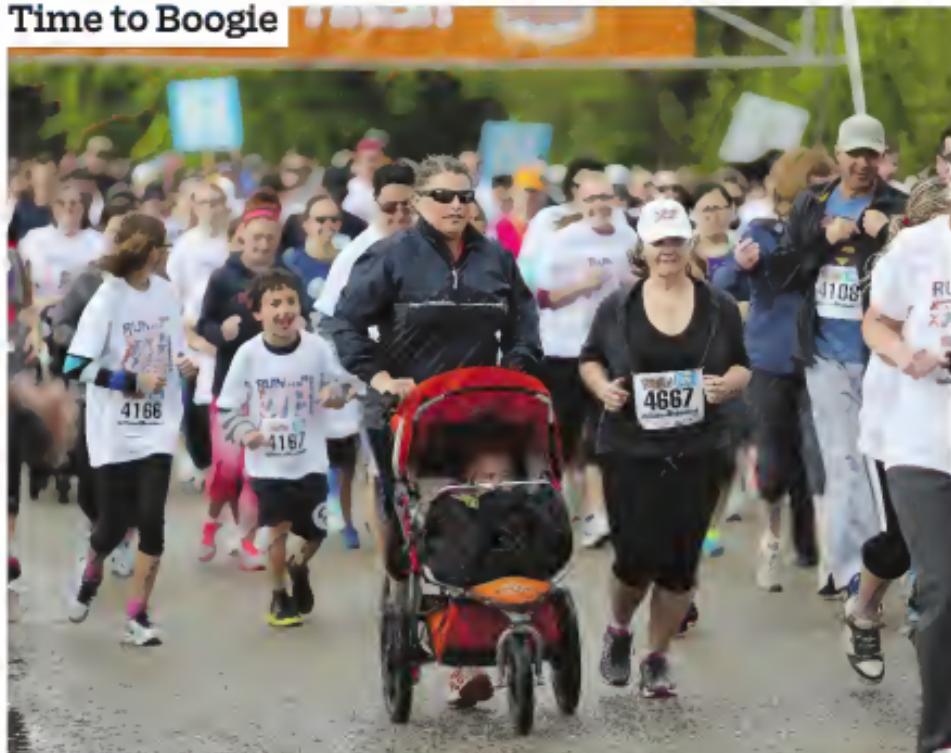
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# IN THE CITY

JUNE 8, 2014 — 8:43 A.M.

## Time to Boogie



Participants leave the starting line in the Bridger City Boogie 5K at Genesee Park in Saskatoon on Sunday. The annual community wellness event brought more than 4,200 people together to walk and run on a 2-km 5 km or 10 km course. Money from entry fees is donated to four local charities that benefit children in Saskatoon. Over \$500,000 has been donated since the first Boogie in 1997. (PHOTO BY MICHAEL R. BOLES)

# GARDENING

## # GARDENING IN SASKATCHEWAN

### Ground covers for dry shade: Part 1

By Sara Williams

Mention "ground cover" and many gardeners quickly come up if they've had experience with the freely spreading groundcover and ribbon grass.

You, quite literally, ground covers are plants that cover ground — often aggressively and without calculation. But in the right location, ground covers have many and varied functions. Use them to solve landscaping problems other than to create them.

One problem area that can be solved with ground covers is dry shade — a north side of a building facing where it forms an overhang below the eaves. This creates white floral mats followed by red berries. The evergreen foliage turns reddish in the fall and persists over winter. Only 15 cm tall, it's a perfect ground cover for a small space. It will perform better with moisture, but once established, will persist if competition from other plants is not too great.

To improve your chances of success start by preparing the planting holes with organic matter. Match thoroughly between the plants and water deeply through their first growing season. Once established, they should do just fine in dry shade.

Here are some prairie hardy ground covers to consider:

#### Windflower (*Anemone cylindrica*)

Prairie prairie white fragrant flowers in spring has attractive dark blue-green foliage divided into three distinct lobes. They are 30 to 45 cm tall and spread by rhizome or division. The double-flowering form, *Flora Pura*, has semi-double flowers resembling a carnation rose. In spite of its dainty appearance, it is as tough as the single form.

#### Bergenia or pig squeak (*Bergenia cordifolia*)

One of the most adaptable ground covers for the prairies, equally at home in sun or shade, with or without water. It's called pig squeak be-

cause that's the sound one hears if the leaves are rubbed between one's thumb and forefinger. The large round leafy leaves 30 to 45 cm in height remain attractive through the growing season, turning a purplish-red in the fall. Small, waxy, pink flowers are produced on short spikes in the spring. It was originally propagated by Gertude Jekyll, the British landscape designer who helped introduce the modern perennials border, and it became known as one of her signature plants.

#### Rhododendron (*Rhododendron canadense*)

A dwarf dogwood native to the boreal forest, where it forms an evergreen mat below the eaves. It produces white floral mats followed by red berries. The evergreen foliage turns reddish in the fall and persists over winter. Only 15 cm tall, it's a perfect ground cover for a small space. It will perform better with moisture, but once established, will persist if competition from other plants is not too great.

#### Falls Solomon's seal (*Maianthemum canadense*)

Assassin's drought tolerant if put to the test — as I found when I accidentally moved one to a terrain that is never watered. White, star-like flowers are produced in early May. Only 30 cm tall, the light green leaves turn yellow in fall.

#### Siberian barren strawberry (*Malus baccata*)

A plant that deserves much greater popularity. It's tough, good looking, hardy and adapts to sun or shade. The semi-double flowers of Siberian barren strawberry species varieties it's ruggedly hardy. Barren oats did not expect it to produce fruit and its leaves resemble those of the strawy berry. Only 30 to 45 cm tall, it's equal to at home in sun or shade, with or without water. Small, bright yellow flowers bloom from late spring to early summer.

Williams, evaluated into the Agri-



*False Solomon's seal* SUBMITTED PHOTO



*Double-flowered windflower* SUBMITTED PHOTO



*Falls Solomon's seal* SUBMITTED PHOTO

#### Wild life released shortly

This column is provided courtesy of the Saskatoon Horticultural Society ([www.saskhorticultural.ca/horticulture/index.htm](http://www.saskhorticultural.ca/hortculture/index.htm)). Check out our website for upcoming horticulture events, illu-

trations and tips on June 16, and *Lavender & Lemon* opportunities through out the summer.

Have a gardening question? Contact *GardensLaw* at 306-669-5527 or [gardenslaw@shaw.ca](mailto:gardenslaw@shaw.ca).

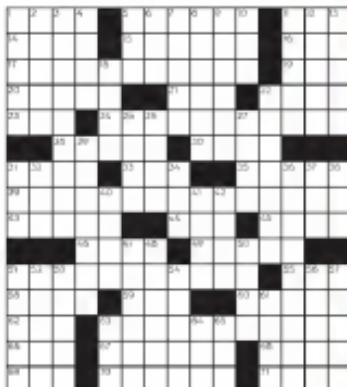
## # CROSSWORD

NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Home-to-bright cards  
5 **Guinness**  
11 **Topper**  
14 **Dad** (start to  
15 **Lacking in foreseen**  
16 **Leaves tripled, a classic theme**  
17 **Tell McMahon-like words**  
18 **A June**  
20 **—, 2014**  
21 **French-style**  
22 **Slyly** (what's another Robert)  
23 **Charles and a piano**  
24 **Lawrence Welk's hobby**  
26 **Great, etc.**  
28 **Step out of NYC**  
30 **Answers bolded subject**  
32 **Will** ("The Acoustic American") playwright  
33 **Getting for many can teach paintings**  
35 **Clancy Oliver (late author)**  
42 **transient nature**  
44 **Idiot —**  
45 **Letters doubled, a likely lot** (4, 4)

- 46 **Cash**  
48 **Bread reflexes**  
51 **Active passengers**  
52 **Business setting in Mans**  
53 **Idle** (dope)  
54 **Teachers' cap**  
55 **Conquer** (fusilli)  
56 **Or, w/ oil**  
57 **Possibilities** (like for puzzle)  
58 **Wise** (look)  
59 **My predictor, perhaps**  
60 **In the snow about**  
62 **Scrapie**  
70 **Settings of California and Oregon paintings**  
71 **Isn't it?**



PUZZLE BY KURT MUELLER

## DOWN

- 1 **Remainder**  
2 **Where the letters** (3, 4) and between them, a part, say  
4 **Upset**  
5 **British race in India**  
6 **M.W.'s command**  
7 **Small salmon** (M.)  
8 **Like puppies and putats at**  
9 **For a few sandwiches** (7)  
10 **Like you're white**  
11 **Get me to**  
12 **"What a surprise!"**  
13 **Letter betweenness and uniform**  
14 **Search**  
22 **Procedural words**  
23 **Through with**  
26 **Postmodern**  
27 **Command in Use**  
28 **Hotel headless**  
29 **Gone wild and crazy**  
30 **High budget such**  
34 **Frog chimes**  
36 **Shop workers, like old saying**  
37 **Stuff with exalt or vent**  
38 **"The establishment of the new government," says Webster**  
40 **Kubla Khan's** ("The" "Throne")  
41 **Ike Ikeda's** ("The" "Tinker")  
45 **Self-taught**

PHOTO BY KURT MUELLER

## # JANRIC CLASSIC SUDOKU

## Level: Intermediate

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Novice (easiest) to Silver to Gold (hardest).

8			5			9		
	5		9	8	4	3		
9	4	2				5		
	2		7		9			
3	1		4	6	8			
	6		8		4			
8			3	2	1			
1	9	7	5	8				
2		9				7		

Solutions to our crosswords and the Sudokus can be found on Page 23

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The StarPhoenix

# EVENTS

What you need to know to plan your week.  
Send events to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

## # MUSIC

Wed., June 11

**Penny Candy For Billionaires**  
Buds on Broadway,  
817 Broadway Ave.

THURS., JUNE 12

**Kicks Invaders**  
Cocktails Renaissance &  
Lounge  
1-227 Pittmeadow Dr.

**Merge 2014: The PhotoNuptials**,  
Randi Shulman and Malika Lass  
Buds on Broadway,  
817 Broadway Ave.

Fri., June 13

**Screaming**  
Buds on Broadway,  
817 Broadway Ave.

**Phoebe Fridkin: Jessie Brown**  
Buds on Broadway, Laura Lee  
The Basement,  
303 Fourth Ave. N

**Billy Bob's**  
Army & Navy Club,  
339 First Ave. N

**Jo Mearns**  
Michelle Robinson,  
3300 Eighth St. E

**William and the Shadows**  
Fairfield Senior Citizens'  
Centre,  
103 Fairmount Cr.

**Reverend James**  
Toon Town Tavern,  
1030 Fairlight Dr.

**Jo Mearns**  
Starry Picnic,  
106-10 Ruth St. E

**Pradella and the Asparagus**  
Piggy's Pub & Grill,  
1463 10thfield Dr. N

**Apollo-Orca**  
El Camino Cafè,  
222 Second Ave. S

Sat., June 14

**Screaming**  
Buds on Broadway,  
817 Broadway Ave.



Award-winning country music artists Joanie Morgan (above) and Pam Tillis (right) will be performing at the Dakota Dunes Casino on Sunday. FILE PHOTOS



Mon., June 16  
**Hat Trick**  
Buds on Broadway,  
817 Broadway Ave.

Tues., June 17  
**Apollo-Orca**  
Buds on Broadway,  
817 Broadway Ave.

Aaron Carter  
O'Brien's Events  
Centre,  
241 Second Ave. S

Ritzton Thapar  
Louis' Pub,  
93 Campus Dr.

**Big Band Babies: The Basement**  
Buds on Broadway,  
817 Broadway Ave.

**Jo Mearns**  
Starry Picnic,  
106-10 Ruth St. E.

**Pradella and the Asparagus**  
Piggy's Pub & Grill,  
1463 10thfield Dr. N

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Sat., June 14

**Screaming**  
Buds on Broadway,  
817 Broadway Ave.

# EVENTS

## # ART

### Mandell Arts Gallery

Until June 13 at 150 Mandell Arts  
Cres. E. David Theisberger:  
Reed Tales and Other Diversions  
and the HBC Artists by  
Artists Membership Program,  
Mary Langman and Jeff T.  
Arnould: Through That Which  
Is Seen; The gallery space  
will be closed June 16-30 for  
installation of the summer  
exhibitions. Openings: June 13, 6-8 p.m.

**The gallery at Frances Morris  
Centres Cultural Library**  
Until July 11 at Frances Morris  
Library, Dead Rock Stars  
by Kevin Hartings: Drawings  
of images represented in  
Hartings' novel Dead Rock Stars.  
Reception: June 12, 7-9 p.m.

**Bandon Brailleplex Gallery**  
Until June 13 in Room 101 of  
the University of Saskatchewan's  
library building. Thirty  
Plus One: New work from the  
Saturday Morning Drawing  
Workshop participants June 13,  
7 p.m. to 9 p.m.

### Art Trek 2014

June 13, 5 a.m. to 10 a.m.,  
and June 14, 10 a.m. to 5 p.m.,  
around Saskatoon. A self-  
guided studio-discovery tour  
featuring nine studio groups  
in Saskatoon, demonstrations,  
and chances to talk to  
the artists. For a map visit  
[www.facebook.com/arttrek.saskatoon](http://www.facebook.com/arttrek.saskatoon).

### Derrell Bell-Gallery

Until June 14 at 405-195 21st  
St. E. Cheryll Baumanni:  
Electric Jesus and other cul-  
tural invasions.

### Musée Ukiyoe Museum

Until June 15 at 322 Ave. M.S.  
Pyatnyts'ka (Master egg) paint-  
ings by Anna Beni.

### Re:Mind Art Studio

June 20-29 At the Mandel Art  
Gallery Hosted by Mandel  
Gallery Group Volunteers. An



Rob Sivok of 200 Design Group will be demonstrating on the 2014 Art Trek tour.

opportunity to sell art that  
you no longer love and/or to  
buy a new piece that belongs  
to someone else. Submissions  
are accepted June 14-12  
p.m. to 6 p.m. Visit [mandell.ca](http://mandell.ca).

### Time Gallery

Until June 15 at Market Hall  
Cross. L. Moved by the Spirit:  
Artist interpretations on the  
Life of Jesus. Artsmetropolis  
exhibition featuring the works  
of 12 artists.

### Black Service Gallery

Openings June 20 on Hwy #2  
Northdale. Alastair's the  
Thing, a group show.

### REVIEW Gallery

Until June 20 at 253 Third Ave.  
S. RIC CYCLE 2.6 Acknowledg-  
ing the Voices by Inc. Plus/ak.

### Ukrainian Museum of Canada

Until June 21 at 910 Towle St.  
Cross. L. Moved by the Spirit:  
Artist interpretations on the  
Life of Jesus. Artsmetropolis  
exhibition featuring the works  
of 12 artists.

### Positive Star Gallery

Until June 20 at 1136 Eighth St.  
E. Sea to Sky Shoreline, Ferme-

land. Mandel Arts by Ass. P.  
Christl and Inaction Lives by  
Lorraine Weidner.

### Humboldt and District Mu- seum and Gallery

Until June 21 at 910 Towle  
Cross. L. Moved by the Spirit:  
Artist interpretations on the  
Life of Jesus. Artsmetropolis  
exhibition featuring the works  
of 12 artists.

### Le Rhéaume

Until June 20 at 103-1020  
Fourth Ave. N., in the Le Ren-

ditions Frameworks build-  
ing. Adelle's Tiny Art Show:  
Paintings by Adelle Gauvin.

### The Gallery Art Placement

Until June 20 at 226 Third Ave.  
S. Jonathan Horner's Field  
Notes: Nine acrylic paintings  
as "notes" from the "painting  
traveller."

### Station Arts Centre, Ba- nff

Until June 20 at 201 Atheneum  
Ave., Northern Alberta.  
Wazan and Iwannita Man  
Evoking: Artwork by Ben Pe-  
Goff on their 30th anniversary.

### seen and Sell Showcases

**Music gallery**  
Until June 30 at 1515 Lemire  
Ave., Northern Hat. The first  
showing of the works of  
the late F. May Kindred -  
Beauchef, daughter of Gas  
Kindred.

### The Showfront

Until June 30 in The Two Towns  
Local Furniture Design, the  
first show. The new design  
gallery with tables, local furni-  
ture makers.

### Mountain Valley Centre Gallery

Through June at 403 Third  
Ave. S. Along the Riverbank by  
Carmen Schular: A collection of  
new paintings of the Moun-  
tain Valley.

### Riverhouse Studio & Art Gallery

Through June at 326 18th Street  
Cres. W. Spring into Spring by  
Cecilia Elizabeth.

### AKA Gallery

Until July 4 at 434 20th St.  
W. (Hougham, I. Cridl.) Splitting  
sida: Works by Kyla Bell, Wika  
Erens, Christine Neopus and  
Sherrill Pepp.

### Centra Art Galleries

Until July 4 at The Centre,  
Ossie by the Summer  
Institute in the Royal Gallery;  
art by Giffenhouse Studios in the  
Jule Giffenhouse Homestead;  
Cultural Society in the Amber  
Gallery; Artworks Thruout  
the Centre in the Rose and  
Crimson Galleries, displayed by  
the students of Father Leo  
Machado School in the Lavender  
Gallery; etchings by the Sas-  
katoon Public School in the  
Magenta and Indigo Galleries.

### Affinity Artistry

Until July 12 at 813 Broadway  
Ave. S. Work of the book artist  
Association by the Canadian  
Bookbinders and Book Arts  
Guild on their 30th anniversary.

# EVENTS

## St. Thomas Men's Gallery

Until July 25 at 1437 College Dr. Shareen Cesak: *Icons and Offerments*. Photography by Shareen Cesak.

## The Still Gallery

Until Aug. 1 at City Works, 801 Seventh Ave. N. New works by Henry van Santers. Previous works by Jerry Simonsen are on display until Aug. 15. Art Collective Coffee, 2nd and 20th St. W. An artist reception and show, with works by Cindy Peterlin, Iris Haugen and Jackie Miller, runs until Aug. 20 at 1st Ave., 249 Second Ave. N. Reception June 16, 7 p.m. to 10 p.m., with music by Alissa Arneson.

## Handmade House Showcases

Until Aug. 3 at 710 Broadway Ave. Heart to Hand: Feature art from works by Saskatchewan fibre artist Marilka Kinnar-Wheaten.

## # FAMILY

### Parent and Toddler Yoga

Wednesday at the Farmers' Market, at 10 a.m. Led by Okenna Stamps and her grandson. For parents with children ages 10 months to three-and-a-half years old. Admission is free with a suggested donation to Vinyasa Yoga for youth. Bring a mat and snacks.

### Sealtoon Peaceful Parenting Group

June 11, 10 a.m. to 12 p.m., at the Pregnancy and Parenting Health Centre, 248 Third Ave. S. For any family wanting to ease their children peacefully. A different topic each month. Children are welcome.

### Stairs and Stilettos

Wednesday, 1 p.m., at Carter Clothes in The Centre. Choice of two movement styles. A baby-friendly environment with lowered walls, dimmed lighting, a changing table and stroller parking in a quiet theatre.

### Children's Play Centre

Belly at Lumen Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.



A loom tutorial will be demonstrated on the 20th Art Beat tour.

### Play Factory Indoor Playground

July at HUCC, Quail Ave. Assistant Indoor playground for young children.

Adults and children under one year are free. There is a separate fenced-in area for children under two.

### Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has dif-

ferent level slides. Children must wear socks in the play area.

### Breastfeeding Café

Thursday, 10 a.m. to 12:30 p.m., at Westend Primary Health Centre, 2211 Fairlight St. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

### Movies For Mommas

Thursday, 1 p.m., at Rainbow Cinemas in The Centre. An infant-friendly environment with reduced sound, change-rooms, bottle warming and diaper parking.

### General Light Source (GLS) Public Tours

Thursday, 10:30 a.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-452-3544, email [info@lightsource.ca](mailto:info@lightsource.ca) or visit [lightsource.ca/events/public\\_tours.php](http://lightsource.ca/events/public_tours.php).

### Cer Seal Clinics

Second Thursday each month, 3 p.m. to 6 p.m., at Pregnancy and Birth Centre, 3-505 23rd St. S. Get your seals checked and questions answered by a trained Cer Seal technician. Call 306-229-7750 or email [cerseal@gmail.com](mailto:cerseal@gmail.com) to register. Drop-ins also welcome.

### LILC Sealtoon Evening Series Meeting

The second Thursday of the month through August, 6:30 p.m., at Holy Cross Church, 1426 Alexander Ave. All are invited to attend. In-store readings are welcome. They meet the second Thursday of the month, January to April. Call 306-425-4866; [sealtoon@grail.com](mailto:sealtoon@grail.com)

### She's a Shell

Fridays, 9:30 a.m. to 10:30 p.m., meet in front of Customer Service at the Mall at Lumen Heights. Classes consist of power-walking, body sculpting, moves using exercise tubing and a socializing for parents and babies. Registration is numerous admissio

n fees. No classes on stat holidays.

# EVENTS

## Coffee Time for Moms

Fridays, 10 a.m. to 12:30 p.m., at Babbitt-Bedell Box, 11-125 Central Blvd. Moms enjoy the cup of coffee while children play in the playground.

## Belly TrEATs

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Carlyle King Branch and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and stories, then sing-along with other parents.

## Bear Camp For New Dads

June 14, 9 a.m. to 12 p.m., at the Progressive and Preventing Health Centre, 246 Third Ave. S. A workshop taught by veterans and their families about the challenges of becoming a dad. Registration email [bscamp@pcph.com](mailto:bscamp@pcph.com) or call 306-299-9847.

## Craft and Story Time

Saturdays, 10 a.m., at Indigo Books, 3322 Eighth St. It's in the kids' section. Call 306-364-5337.

## Decorating on Standards

Sundays, 2 p.m. to 4 p.m., at the Mural Art Gallery, 555 Broadway Ave. Free family fun for ages four to 12, accompanied by an artist. Art-making activities led by pottery artists. Supplies are provided. June 15 involves a Mad for Dad for Father's Day.

## Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 311 Third Ave. S. Insight by a doula and certified yoga instructor. Information and tickets for any class in pregnancy (Aug. 30-June 21) \$40 and \$35 (pregnancy) per class. No classes on staff holidays.

## Prenatal Yoga

Mondays, 10 a.m. to 11 a.m., at Pregnancy and Parenting

Health Centre, 246 Third Ave. S. Beginner to intermediate yoga designed to help with ease labour recovery. Belly friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [tinyurl.com/qmzv2w](http://tinyurl.com/qmzv2w). No class on stat holidays.

## Babbitt-Bedell Box Playrooms

Mondays to Fridays, 10:30 a.m. to 12:30 p.m., at Babbitt-Bedell Box, 11-125 Central Blvd. With a set area, kitchen and shopping centre, parents, strollers, caregivers and children can browse, or check for availability, call 306-364-4741 or email [bdbp@pcph.com](mailto:bdbp@pcph.com).

**Health Centre Open House**  
Until June 27, and July 7 to Aug. 29 at 11-125 Muriel Avenue Ave. Various schedules for ages two to 16. Visit [gymnastics.ca](http://www.gymnastics.ca).

## Moms and Baby

Mondays and June 23, 10 a.m. to 11:30 a.m., at 101 Pearl's United Church, 4150 Pearl Ave. Learn, share and connect with other moms and babies in your community. Learn from local experts about a variety of topics for modern moms. Visit [momsontrack.com](http://www.momsontrack.com) or call 306-299-9847.

## Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church, Red River Heights Learning Community, a group of adults inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

## Preschool Story Time

Tuesday, 10:30 a.m. to 11 a.m., at McNally Robinson, 3100 Clark St. For children ages three to five in the Circle of Trees. Call 306-855-1471.

## Nursery Years

Tuesdays until June 17, 7:30 p.m. to 9:30 p.m., at Pregnancy and Parenting Health Centre, 348 Third Ave. S. A comprehensive childlife

education series, preparing parents for the birth of a child. To register visit [tinyurl.com/qmzv2w](http://tinyurl.com/qmzv2w).

## Mom and Baby Outdoor Stroller Fitness Classes

Tuesday and Thursdays until Aug. 26, 10:30 a.m. along the Muriel Trail. Meet new moms and get active body workout. To register and for starting times email 306-320-3838 or email [sekkersportsonline@gmail.com](mailto:sekkersportsonline@gmail.com). More information on Facebook.

## Can-Am Gymnastics Camps

Until June 27, and July 7 to Aug. 29 at 11-125 Muriel Avenue Ave. Various schedules for ages two to 16. Visit [gymnastics.ca](http://www.gymnastics.ca).

## BRICKS & A KIDZ® Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using various bricks. Visit [bricksandakidz.ca](http://www.bricksandakidz.ca) or call 306-519-2349.

## Saskatoon Public Library Programs

Ongoing daily programs for children and families. Read the calendar at [saskpubliclibrary.ca](http://saskpubliclibrary.ca) or [saskpubliclibrary.ca/childrens](http://saskpubliclibrary.ca/childrens).

## • SPECIAL EVENTS •

### Saskatoon Yellow Jackets Home Game

June 11, 7 p.m., at Calma Field (1203 Ave. P W. Facing against the Swift Current Indians). Visit [saskyellowjackets.com](http://www.saskyellowjackets.com).

### MeTea 2014

June 11-14 at venues around Saskatoon. A multi-day, multi-walk conference and music festival. Conference topics include mobile applica-



Clockwise: Thoroughbred racing at MacKenzie Downs; an Horseshoe Derby winner; a horse and rider.

PHOTOS BY THOROUGHBRED RACING AT MACKENZIE DOWNS; COURTESY OF HORSE AND RIDER

PHOTOGRAPH BY GREGORY D. MILLAR

# EVENTS

## **Breast of Champions**

June 14, 7:30 p.m., at Prelieken Park. Saskatoon's annual prayer breakfast. Featuring keynote speaker Dr. Tony Campolo, Vancouver. Check Dan Hartman's "Breakfast with John" Tickets at ticket.saskatoontickets.ca. Visit www.saskatoontickets.ca.

**Stride the Earth the Yoko Festival**  
June 14, 9 a.m.-9 p.m., at the University of Manitoba. Hosted by the Mynard Art Gallery. Hosted by Groundskeepers & Grandmothers Supporting the Stephen Lewis Foundation. Call 306-979-4892 or visit stridetheearth.ca.

## **Community Day in the Park**

June 14, 1 p.m.-4 p.m., at the University of Manitoba. Hosted by Groundskeepers & Grandmothers Supporting the Stephen Lewis Foundation Community Association. A event with face-painting, airbrushed temporary tattoos, a kids park, an accessible playground and barbecue. Visit [www.saskatc.ca/assaults@ca](http://www.saskatc.ca/assaults@ca). Check out [www.21ststreetlibrary.ca](http://www.21ststreetlibrary.ca), or watch YouTube videos: soccer matches throughout the weekend.

## **Fifth Annual Keston Awards**

June 14, 6-9 p.m., at the Sheraton Hotel. \$65. Guelph, Ont. A photography and film awards show. Tickets at [www.keston.com](http://www.keston.com). Proceeds from the silent auction of artwork support Creative Kids Saskatchewan and the Do It for the Love Foundation.

## **Rehearsed Happens Stage**

June 14, 7 p.m.-9 p.m., at St. Agnes High School Theatre, 1111 Nansen St. All ages. Local companies present original presentations. A show that looks back to a classic 20s. Tickets of \$10.

## **Living Sky Triathlon**

June 14-15, 7 a.m.-1 p.m., at Lake of the Woods. Features Canada's best junior

Elite Triathletes as this is Race #1 of the Triathlon Canada National Junior Series. Visit [www.saskatc.ca/triathlon.org](http://www.saskatc.ca/triathlon.org).

## **Auditions at Saskatoon Mill**

**Barbershop and Expressions**  
June 15, 7 p.m., at the Decoreau Auditorium, 1000 10th Street. Pacific Express Saskatoon Express Musical Theatre is looking for dancers and singers ages eight to 18. They put together Christmas and summer shows, and 20-30 shows at local events and fairs. For information and to reserve a time slot, call 306-242-5982 or visit [www.saskatc.ca/express.com](http://www.saskatc.ca/express.com).

## **Farther Off the Main**

June 15, 7 p.m.-10 p.m., at the River Residence, 320 19th St. E. An evening of entertainment, refreshments will be served.

## **Just for Cars Film Festival**

June 15, 1 p.m. and 7 p.m., at Broadway Theatre. Honouring these parts with an international video compilation road from the Walker Art Centre, with face-paintings contests, silent auction and prize draws, raising money for car safety in Canada. Visit [www.justforcars.ca](http://www.justforcars.ca). Tickets at [www.broadwaytheatre.ca](http://www.broadwaytheatre.ca).

## **Father's Day Herbaceous**

June 15, 1 p.m.-to 8 p.m., at the German Cultural Centre, 160 Gertnerhoff Ave.

## **Showhouse**

June 15, 7 p.m., in Quintec Theatre in the U of S Education building. The stripe City Showhouse concludes its season, featuring guest artists Jessie Matassa and Michael Tuck. Tickets at [www.showhouse.ca](http://www.showhouse.ca).

## **Tangled Up in Poetry**

June 15, 7:30 p.m., at the Bellview Theatre. Tickets at [www.saskatc.ca/tangledupinpoetry.com](http://www.saskatc.ca/tangledupinpoetry.com).

## **Pride Week 2010**

June 15-22 in Saskatoon.

Sponsored by the Saskatoon Diversity Network, includes a riverboat cruise featuring DJ Connor Scott, a screening of the Wizard of Oz on June 16, a drag racing ceremony, and an art exhibition and reading on June 18, they're go to event, the Pride Parade on June 19. Musical artist fashion show featuring the Affinity Community Service Agency on June 20, a community fair with local gardens and live entertainment, a youth dance, and a drag show on June 20. In 2010 in the park, the pride parade, a community fair with live entertainment, and a circus-themed party on June 21 and a Gleco pool party featuring DJ Cherie Cole on June 22. Tickets and information at [www.saskatc.ca/pride.ca](http://www.saskatc.ca/pride.ca).

## **World Environment Day**

**Dedication**  
June 17, 12 p.m., on McLean Hill, by the Chisholm Trail, a dedication of trail marker by the last tree planted by Richard Baker, "Man of the Trees." June 17, 1962, living a peaceful life. Postponed from earlier date. For information call 306-654-3333.

## **Yellow Jackets Home Game**

June 17, 7 p.m., at Calm's Field, 302 Ave. P. Playing against the Medicine Hat Tigers. Visit [www.yellowjackets.ca](http://www.yellowjackets.ca).

## **# THEATRE**

### **The Magic Flute**

June 17-21 at Remai Arts Centre. Presented by Saskatoons' Children's Chorus. With members of Saskatoon Children's Chorus' Michael Meier's own opera, *Principe Trionfo* and Princess Penitina who answer those questions that a flute with magical powers will help them fight evil forces that might break them apart. Tickets at 306-268-1727, [www.remarts.ca](http://www.remarts.ca).

Bookings are a firm commitment service offered by Bookers, subject to printed space permits.

## **# ASK ELLIE**

# New boyfriend may need time to recover from divorce

Q. I'm wondering whether I'm far "rehabilitated" or if the guy is basically still going for me. He's 25, divorced eight months ago from an eight year marriage.

We've been seeing each other a lot. He does ready romantic things for me. He played a song because he wanted me to hear the lyrics ... it sounded like he was giving me a message that he's falling for me.

But the other night a song came up that made me really not want what he said related to his marriage.

He explained that unfortunately she still loves him and he feels bad about what he did (or didn't do) as an affair he had.

I had trust issues before, but I don't feel anything's going on as far as him not being in touch with me.

He still lives in the house they built together and is trying to sell it, but he still has a lot of stuff around ... her hair dryer and toothbrush heads in the shower. He needs to mention her a lot.

Since we were cleaning an old home and they've definitely moved on successfully from me, why would he play a song like sang to have any stakes him left? Is it possible he gave her his last full-fledged go? Or maybe, I'm just feeling the wind of uncertainty for him?

### **Am I His Backup?**

Q. Few people come out of a divorce without some sadness ... whether from guilt, sense of failure or loss of innocence. They're ready to move on, but they don't just eliminate their memories, from which some triggers can continue to appear.

Eight months after a long break from her married past, he may be holding for you, but still responding to those triggers.

If you're staying over at his place, gently

## **Ask Ellie**



ask of him to remove her personal items from the shelves.

If he continues to talk about his "exes," suggest he consider counseling to get past it.

However, if he's still struggling a month after months of dating, tell him you saw a news story of this relationship is less relevant or forget it.

Q. I love spending time with that new man that I'd only been with a month and things are moving so fast. I'm already helping myself in the kitchen and calling him "Dad," while he's breaking bread with my mom. I feel like I'm already sold and would prefer that neither of us say anyone else.

I don't want to ruin something potentially great. I also I need money in my bank when I'm not, but he's always asking one out.

How can I put healthy boundaries on this after being so available?

### **Blashed but Concerned**

A. Just do it! You're being concerned. A big rush often indicates insecurity on the other person's part, which later results in less desire to control.

Be aware honest, but true: "We want slow down so we're make this last. It means still seeing our friends on our own, and having time alone even while dating exclusively."

## Crossword/Sudoku answers

DAFS	RECAPS	SOT	PRO	CHAS
TROU	ATONAL	CHA		
HERES	JOHNNY	OWN		
ENTRE	OUTI	M006		
RAY	AGNOLANDA	TWO		
	LARVIA	LIRR		
AMOR	ENDO	ARLES		
LIVE	FROMME	NEW YORK		
STAFF	SUM	MOHY		
	MAMA	DALFS		
ANDRA	WAYNE	EDD		
POOP	NEAL	ELLER		
AMT	ITS	SHOWTIME		
RAF	CRITIC	UPON		
TEY	HAREMS	ISHT		

8	3	2	6	5	4	7	1	9
6	5	7	9	1	8	4	2	3
9	1	4	2	3	7	8	5	6
4	2	8	1	7	6	9	3	5
3	9	1	5	4	2	6	7	8
5	7	6	3	8	9	1	4	2
7	8	5	4	6	3	2	9	1
1	6	9	7	2	5	3	8	4
2	4	3	8	9	1	5	6	7

# SHARPEATS

See a food trend you think deserves a highlight in Bridges?  
Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)  
or visit Bridges on Facebook

# SASKATCHEWAN FOOD SCENE

## Local chefs cooking up ways to help food bank



Thomas Brown at Wild-Cooking Catering in the Saskatoon Farmers' Market and the Wild Italian Rustic Pasta dish (right) he created for the Gourmet (Asian Rice / Penne) contest that supports the Saskatoon Food Bank. (MARKAS PHOTO BY MICHAEL RABEY)

By Jenn Sharp

Life gets busy at the summer. That spells bad news for food banks.

Donations always drop off in the summer months as people are gone on holidays or busy with activities. A free cookbook was released this spring to help combat the problem.

CookIt! teamed up with chefs in 35

cities to make the CookIt! Pasta Plus Free cookbook. The chefs created a gourmet dish using Canadian pasta and five affordable ingredients that won't break the bank.

In Saskatoon, Wild Cuisine Catering's Thomas Brown made a Wild Italian Rustic Pasta dish.

“Like Carluccio's pasta is legit with me and I thought it would be cool to do

a nice, little healthy take on it,” he says.

Brown used raw asparagus spears, garlic shishito peppers and Havarti cheese.

“My trick was to keep it within a budget — not everyone has tons of money to spend on family dinners.”

The cookbook is one part of “CookIt!”’s national campaign called Help Us Feed the Hungry. For every book of

CookIt! pasta bought at a Walmart Co-op in Western Canada, a portion of profit will donated to the food bank.

A portion of pasta will be also be donated for each “like” on CookIt!'s Facebook page. There are currently over 40,000 likes on the page — the goal is to reach one million by the end of June.

### SASKATOON FOODIE EVENT

#### FOOD TRUCK FESTIVAL AND ALLEY PARTY

June 13, 9 a.m. to 1:30 p.m.  
June 14, 10:30 a.m. to 4:30 p.m.

Free outdoor performance will be presented in the alley behind the Broadway Theatre as part of MoGo Festival. Alongside the performances, local famous food trucks and a few out-of-towners will be serving up delicious eats.

# SHARP EATS

Lea Pascali, executive chef at the Guelph Arts Centre, also made a recipe for the no-cook pasta dinner.

Pasted's pasta is not difficult to prepare, but it's quick, simple and flavorful. The pasta salad uses olive oil, Italian olives, tomatoes and fresh marjoram.

Pasted and his staff recently donated food leftover from banquets to South Thorburn House Mission and the Guelph Gurdwara. There's often a lot leftover, especially when a projected number of people don't show up for events.

"There's only so much beef you can trim for soup — we don't reuse food or staff that's perishable we donate," he says, adding they're very careful with keeping food at the right temperatures.

"A lot of these people have no other resource than on lighting rock bottom." They don't really think about donations, or at least we can offer salads, vegetables, proteins and the kind of things."

Pasted says Pastastore shows down in the sun over though and their do никаки taper off. That's why he was more than happy to contribute to the cookbook.

In Saskatoon, the Saskatoon Chef! Also custom-made to visit the Friendship Inn to cook a gourmet meal for patrons there.

Brown is the king of budget cooking — he runs Start from Scratch a series of free cooking classes for students at the University of Saskatchewan. In the classes, he emphasizes buying fresh local ingredients while sticking to a budget. That isn't always the easiest task.

"If you buy lots of local ingredients, you need to eat outside somewhere because it adds up. It's not cheap being local and healthy so you have to know where to eat in order to keep quality," he says.

One of the ways he does this is by showing students how to break down a whole chicken and use all of the parts in different meals.

"If you can buy healthy food but spread out, it's way cheaper than buying processed food one meal at a time," he says.

The Guelph Pasta Plus Plan cookbook can be downloaded for free at [www.soweb.ca](http://www.soweb.ca).

## THOMAS BROWN'S TIPS FOR COOKING ON A BUDGET

- Meal planning is key: measure and freeze the meat at a store, either frozen or unfrozen, and use the leftover meat in a sandwich or sandwich the meat up for salads. Roll down the bonus for savings, not throw away leftover food because that's your budget.
- It's time to BBQ instead of eating out. If you want to splurge a little, skip a few condiments. Use a cut and then your own seasonings for a summer's worth of meals.
- Use your freezer and shop on a budget. Cut meat and fish into smaller portions at the start of the year; you probably don't eat the whole thing. It's been a big game-changer.
- The cost of restaurant dinners fluctuates and predictably, if that's the place you most want to go back, it'll reflect on the money you'll save. Eliminate it after a few weeks. Instead, make a meal out of those dinner plates as much as possible.



Executive chef at the Guelph Arts Centre, Lea Pascali loves to heat things up in the kitchen as much as he enjoys creating simple, elegant pasta dishes. MELISSA PHILP/INVISION/MONTREAL STAR

# OUTSIDE THE LINES

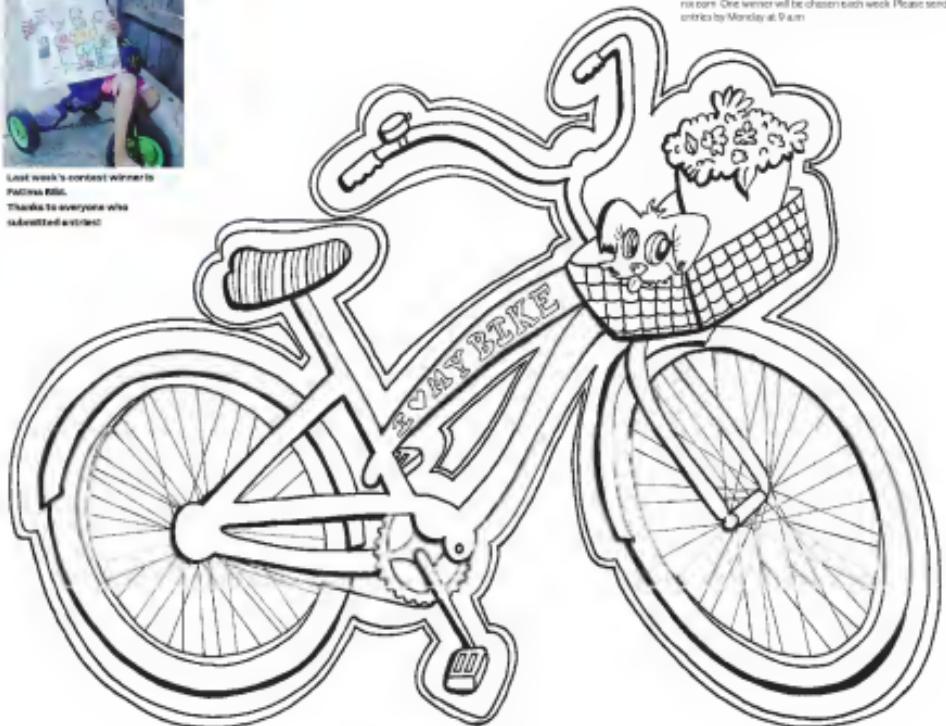


Last week's contest winner  
Patricia Bill.  
Thanks to everyone who  
submitted entries!

## Colouring contest

Each week, Stephen McKay creates a timely illustration meant to please lots of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [bsuper@thestarplace.com](mailto:bsuper@thestarplace.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.





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# HOT PRICE!

**SET PRICE \$1,199.00**



**\$1374 PAIR**

#### MAXIMA X™ HIGH EFFICIENCY FRONT-LOADING WASHER

4.5 cu. ft. (3.1 DOE) Capacity  
Intuitive Touch Controls  
Rapid Wash Cycle  
3000 RPM

#### MAXIMA X™ ELECTRIC DRYER

7.4 cu. ft. Capacity  
Advanced Moisture Sensing  
Wrinkle Prevent Option  
3000 RPM

**\$219 EACH**

Also receive  
**\$100 MasterCard  
Gift Card**

7.4 cu. ft. ELECTRIC DRYER WITH EFFICIENCY MONITOR / White  
7.4 cu. ft. Dryer Capacity  
Efficiency Monitor  
Sensor Drying  
3 Drying Levels  
4 Temperature Controls  
Status Indicator  
Stackable Washer and Dryer



#### 4.7 CU. FT. ENERGY STAR® QUALIFIED FRONT LOAD WASHER / White

ENERGY STAR® Qualified  
Efficiency Monitor  
Low Water Wash System  
7 Wash Cycles (Heavy Duty, Deep  
and Spin, Clean Washer, Quick  
Cold Delicates, Normal)  
1200 RPM Spin Speed  
Delay Wash  
4 Wash Temperature Options  
Automatic Detergent Dispenser



**\$1899 PAIR**

#### DUET™ HIGH EFFICIENCY LOADING WASHER

5.5 cu. ft. (4.1 DOE) Capacity  
Option: TumbleFresh™  
Eco-Sanitize Cycle

#### DUET™ ELECTRIC STEAM DRYER

7.4 cu. ft. Capacity  
Wrinkle Shield™ Option  
Intuitive Touch Controls



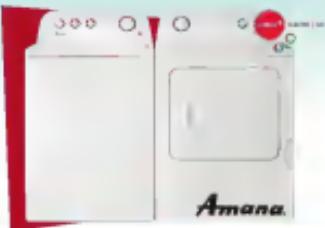
**\$1059 PAIR**

#### CABRIO™ HIGH EFFICIENCY TOP-LOADING WASHER

4.4 cu. ft. (3.8 DOE) Capacity  
Stainless Steel Wash Drum  
Soak Only Cycle  
3000 RPM

#### CABRIO™ ELECTRIC DRYER

7.4 cu. ft. Capacity  
Wrinkle Shield™ Option  
Status Indicator Lights  
3000 RPM



**\$658 PAIR**

#### TOP LOAD WASHER

4.2 cu. ft. (3.6 DOE) Capacity  
3 Water Levels  
Cycle Status Light  
3000 RPM

#### ELECTRIC DRYER

5.5 cu. ft. Capacity  
Automatic Drying System  
End of Cycle Signal  
3000 RPM

Int. Direct	High-Eff.	Washer	<input checked="" type="checkbox"/>
Front Load			<input type="checkbox"/>
Gas			<input type="checkbox"/>
Electric			<input type="checkbox"/>

appliance world

242-8363

40th St. & 1st Ave. W (2 blocks N. of Circle Dr.)  
Sundays Noon-4:30 pm

Int. Direct	High-Eff.	Washer	<input type="checkbox"/>
Front Load			<input checked="" type="checkbox"/>
Gas			<input type="checkbox"/>
Electric			<input type="checkbox"/>

appliance world

955-1444

1st St. E. & Granville Ave., Behind Game Restaurant  
Sundays Noon-4:30 pm